



WELLNESS RETREAT

Bear Creek Mountain Resort

May 22~23, 2010

JUMPSTART your weight-loss or fitness program! Get MOTIVATED!

All-inclusive weekend includes:

- ❖ 24/7 access to UpGrade Lifestyle Certified Personal Trainers, Lifestyle and Nutrition Coaches
- ❖ Enjoy one night at the Inn at Bear Creek, Macungie, PA.
- ❖ All healthy meals and snacks included beginning with lunch on Saturday, May 22nd
- ❖ Education in nutrition presented by Registered Dietitian and Sports Nutritionists
- ❖ Seminars: inner confidence, stress management, overcoming obstacles, goal setting
- ❖ Workouts with UpGrade Lifestyle Personal Trainers – *hiking, walking/running, swimming, core, strength, flexibility – be prepared to work hard!*
- ❖ One-on-one goal setting and assessment with Lifestyle/Nutrition Coach
- ❖ Massage offered by *Bekki George Certified Massage Therapist*

REGISTER TODAY – SPACE IS LIMITED!

Participant One	
Date of Birth	
Address	
Phone	
Email	
Emergency Contact	

Participant Two	
Date of Birth	
Address	
Phone	
Email	
Emergency Contact	

FEES

***\$525 per couple or \$275 per individual participant
50% deposit required at time of registration***

- Check made payable to UpGrade Lifestyle
- Visa Mastercard Discover American Express
 Name on Card _____
 Card Number _____
 Expiration Date __ / __
 Signature _____

Send completed forms via email to liz@upgradelifestyleinc.com or mail to:
UpGrade Lifestyle, c/o Liz Moss, 1572 Cambridge Drive, Macungie, PA, 18062
Questions??? Call 610-533-1141